

HEAD LINES

Summer 2004

Brain Injury Services Branch
Division of Mental Health & Substance Abuse Services
Dept. for Mental Health & Mental Retardation Services
100 Fair Oaks Lane 4W-C
Frankfort, Kentucky 40621
(502) 564-3615
(502) 564-0304 FAX

“Summer Safety” Is In the Spotlight!

Recognizing the Increased Risks of Summer Activities in this Special Summer Safety Issue...

During the summer months, when children are out of school, lack adequate supervision, and spend more time outdoors, the risks of injury are heightened. Motor vehicle occupant injury, drowning, falls, pedestrian injury, and bike-related injury are among the leading risks to children.



Childhood memories are flavored with fun summertime activities including trips to the beach, walks to the ice cream shop and rides around the neighborhood. But while you and your kids enjoy the seemingly carefree elements of summer, emergency room doctors know it as “trauma season.” This summer children ages 14 and under will be rushed to emergency rooms nearly 3 million times for serious injuries resulting from motor vehicle crashes, drownings, bike crashes, pedestrian incidents, falls and other hazards. More than 2,500 of these children will die. *National Safe Kids Campaign*

Injuries are the leading cause of death in the United States for people ages 1-34. Of all injuries, those to the brain are most likely to result in death or permanent disability. Each year over 50,000 people die as a result of a brain injury and as many as 90,000 others are left with a long-term disability. **Most of these brain injuries are preventable.** *Center for Disease Control (CDC)*

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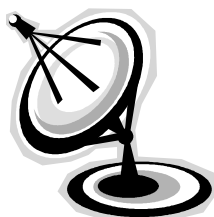
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Second Impact Syndrome

As estimated 300,000 sports related traumatic brain injuries, most of which can be classified as concussions, occur in the United States each year. The proportion of these concussions that are repeat injuries is unknown; however, there is an increased risk for subsequent TBI among persons who have had at least one previous TBI. Repeated mild brain injuries occurring over an extended period (i.e., months or years) can result in cumulative neurological and cognitive deficits, but repeated mild brain injuries occurring within a short period (i.e., hours, days, weeks) can be catastrophic or fatal. The latter phenomenon, termed “second impact syndrome” has been reported more frequently since it was first characterized in 1984. *from Head Injury Hotline (www.headinjury.com/sports.htm)*

See article on next page which addresses looking at the trends of incident reports to potentially prevent future injuries. The information in this newsletter, while focusing on safety for children, is applicable to persons of all ages participating in sports and physical activity.



***“Reports
can be
queried by
any field
on the
incident
report...”***

Tracking of Incident Reports Important Tool in Preventing Additional Injuries

Incident reporting is a regulatory requirement of ABI Medicaid Waiver providers. What you might not know; however, is what happens to those reports after they are submitted to the BISB. A database is kept that includes each of the incidents reported by individual providers. Class 1 incidents are reviewed and Class 2 and 3 incidents are followed up on by Branch staff.

Beginning July, 2004, Brain Injury Services Branch staff will begin providing an overview of each agency's reported incidents during site reviews. This information can and should be used as a tool to prevent further injury to recipient and/or staff by taking appropriate measures to correct the known causes of incidents wherever possible. Perhaps

someone fell five times for the same reason- we can then look at all the contributing factors and take appropriate steps to prevent recurring incidents.

Reports can be queried by any field on the incident report and these reports, specific to your agency, are available from our office. Please contact Susan Tatum or Leslie Bland at (502) 564-3615 for more information. It is the goal of the Brain Injury Services Unit to assist providers. By helping you to information to better manage risk, we can work together to continue providing quality services to those we serve.

Reminders About ABI Waiver Incident Reporting

- Complete all information requested on the form and include all pages of the report
- Print clearly and as legibly as possible
- If an incident involves more than one recipient, DO NOT include both recipients names and protected health information (PHI-social security number, birth date, etc.). A separate report should be submitted for each ABI Waiver participant. Please refer to the other involved recipient as “recipient # 2,” or similar reference. Please remember that failure to keep this information separate is a HIPAA* violation.
- Report incidents as soon as possible, following the timelines for reporting outlined on page 1 of the report.
- If you have any questions relating to the completion of an incident report, we are here to help- please contact the BISB for assistance.

A database of the reported incidents is maintained by our office based on the information reported by providers. We are happy to provide you reports specific to your agency. Please contact Leslie Bland for more information.

**Should you have questions regarding the Health Insurance Protection and Accountability Act (HIPAA), please contact Susan Tatum at (502) 564-3615.*

HELMETS...don't leave home without 'em!

Bicycles are associated with more childhood injuries than any consumer product except the automobile. In 2001, 134 children ages 14 and under died in bicycle-related crashes and in 2002, nearly 288,900 were treated in hospital emergency rooms for bicycle related injuries.

Risk of injury and/or death can be greatly reduced by setting some limits. The single rule of wearing a helmet can reduce the risk of head injury by as much as 88%! However, it is estimated that only 15-20% of kids wear helmets.

In a study conducted by The Safe Kids Campaign, children surveyed reported the following reasons for not wearing a helmet:

- "I only ride near home" ...*Research shows that the typical bike crash occurs within one mile of the home.*
- "Helmets are uncomfortable"
- "I am older now and in more control when I ride"...*It is estimated that collisions with cars account for nearly 90% of all bicycle-related deaths and 10% of all non-fatal bicycle-related injuries.*
- "I don't feel cool wearing a helmet"
- "My parents don't make me"...*More than half said that "parents having a rule that they always had to wear a helmet" would get them to wear one.*

Nearly half of bike-related hospitalizations are diagnosed as traumatic brain injury and a fall from as little as 2 feet can result in a traumatic brain injury. While more than three-quarters of children said that a brain injury could occur while riding on wheels and 65% of kids knew that the effects of a brain injury could last a lifetime, less than half said they wear their helmet on every bike ride and less than a third always wear their helmets while riding scooters, skateboards, or skates. While 30% thought it was unlikely that someone they know could suffer a head or brain injury when riding on wheels, 63% thought it was unlikely that they themselves could suffer a head or brain injury while riding on wheels.



"In 2001, 134 children ages 14 and under died in bicycle-related crashes and in 2002, nearly 288,900 were treated in hospital emergency rooms for bicycle related injuries."

Information collected from the National Safe Kids Campaign. For more information or a copy of the National Study of Traumatic Brain Injury and Wheel-Related Sports, visit their website at <http://www.safekids.org>. Experts from the Brain Injury Association, Think First National Injury Prevention Foundation, the TBI Technical Assistance Center, and the Centers for Disease Control and Prevention served on the study's technical assistance advisory committee.

Training & Resources

PROFESSIONAL SEMINAR SERIES

The following continuing education opportunities will be held at the Frazier Rehab Institute in Louisville from 4:30-6:00 p.m. Wednesdays, 4th Floor Activity Room. For more information call (502) 582-7484.

July 14—Where to Find Help-- Community Resources for Individuals with Brain Injury

At the time of publication, Frazier training schedule had not yet been compiled- please contact them at the number above for a schedule or contact Susan Tatum in Brain Injury Services (502) 564-3615

NEURO REHAB PROGRAM IN-SERVICE

The following in-service opportunities will be held at the Frazier Rehab Institute in Louisville from 8:00-9:00pm, 4th floor Activity Room. For more information call (502) 582-7484.

September 2—Community-Based Living: Stepping Stones and Pathways

November 11—Transportation Assistance

ABI MEDICAID WAIVER PROVIDER MEETING- AUGUST 25th

All ABI Medicaid Waiver Providers are invited and encouraged to attend a meeting on August 25th from 1:00pm-4:00pm at our offices- 100 Fair Oaks Lane- 4th Floor- Frankfort.

Agenda items include information sharing about the Cabinet reorganization, the Cash and Counseling program, development of Outcomes for the Waiver program, legislative updates, and a forum to address questions from providers. We hope to see you there! An invitation with more details is being mailed to all providers next week.

RESOURCES INFORMATION COOL STUFF RESOURCES INFORMATION

Summer Safety for Children

Available at the Brain Injury Bookstore for \$1 each call (800) 565-0668 or go online at:

http://www.biausa.org/Pages/publications_page.html

and click on "Awareness & Prevention Resources"

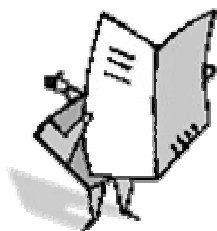
Coaches Concussion Card

Copies are available at a cost of \$3 each (less for multiple copies) by contacting the Brain Injury Association of America.

Website: http://www.biausa.org/Pages/publications_page.html

Strategic Plan Developed

The Traumatic Brain Injury Trust Fund Board of Directors has adopted a strategic plan for the development of services for people with brain injuries in Kentucky. The Strategic Plan was created by the Systems Development Committee of the Board, a group of stakeholders committed to improving the lives of citizens with brain injuries. The Systems Development Committee is chaired by **Senator Julie Rose Denton and Representative Mary Lou Marzian**.



The Strategic Plan identifies four main goals:

1. Develop an array of long-term community supports to assist people with brain injury to live and work in their communities
2. Assure access to a full array of rehabilitative services, to maximize functional recovery and to ameliorate the medical, physiological, cognitive, psychological, and behavioral problems attributed to brain injury
3. Develop prevention and public education efforts that are supported by data
4. Strengthen Kentucky's safety net for persons with brain injury by improving and developing mechanisms for crisis intervention and response

The Strategic Plan will serve as the road map for the development of services and supports for people with brain injuries throughout the state. Copies of the Strategic Plan may be obtained from the office of the Brain Injury Services Branch. To request copies, please call (502) 564-3615. People with brain injuries and their families may call toll free at (800) 374-9146. Copies may also be requested by e-mail: brain.injury@ky.gov.

No Growing Pains Here!



We are proud to announce growth in the Brain Injury Services Branch (BISB)! That's right--we have grown from a Unit to a Branch. As you know, Brain Injury Services is housed in the Department for Mental Health and Mental Retardation Services. The Division we call home has grown as well-- we are now the Division of Mental Health and Substance Abuse Services.

In the midst of all these changes, we have grown in staff support as well! We are happy to welcome Stephanie Turner into our branch as our newest team member! Stephanie, who has been a great help in the Division of Mental Health in the past, will be supporting us in countless ways.

Stephanie lives in Frankfort and enjoys being active in her church and spending time with family and friends. Please join us in welcoming Stephanie to our team!

Law Firm Supports Prevention by Providing Affordable Helmets

In association with the Kentucky State Police Professional Association (KSPPA), Hughes and Coleman's helmet safety campaign (Kids are Special) helps provide helmets to protect against head injury. The program offers top-quality, certified helmets for just \$5.00 each!

Just visit the website at <http://www.hughesandcoleman.com>, print out the coupon and bring to any of the three Kentucky Hughes and Coleman law offices (Bowling Green, Lexington, and Louisville) to purchase your helmet. Bring your child and have the helmet properly fitted for their helmet!



Administrative Hearing Requests

To submit an Administrative Hearing request, the correct mailing address is:

Division of Administration & Financial Management
Administrative Services Branch
6W-C, 275 East Main Street
Frankfort KY 40621-0001

As before, requests should be submitted within thirty (30) days of the date of adverse action.



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